

# Abbey Leisure Centre

## Group Exercise Programme

KEY 1 Studio 1 2 Cycle Area 3 Gym 4 Pool 5 Abbey Green

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME
06:45 - 07:15		Core Conditioning 1	HIIT 1					06:45 - 07:15
06:45 - 07:30	Circuits 1				HIIT 1			06:45 - 07:30
09:00 - 09:30					Kettlebells 3			09:00 - 09:30
09:30 - 10:15							BODYPUMP™ 1	09:30 - 10:15
10:00 - 11:00		Elderberries 1			Elderberries 1		Yoga 2	10:00 - 11:00
10:30 - 11:30						BODYPUMP™ 1		10:30 - 11:30
11:00 - 12:00		Yoga 2		Yoga 2				11:00 - 12:00
11:30 - 12:15						Group Cycling 2		11:30 - 12:15
12:00 - 12:45	Aqua 4 *				Aqua 4 *			12:00 - 12:45
13:00 - 14:00			Yoga 1					13:00 - 14:00
18:00 - 18:45	BODYPUMP™ 1	Group Cycling 2	BODYCOMBAT™ 1	Group Cycling 2				18:00 - 18:45
19:00 - 19:45	BODYCOMBAT™ 1	Box Fitness 1	BODYPUMP™ 1	BODYCOMBAT™ 1				19:00 - 19:45
20:00 - 21:00	Yoga 1	Yoga 1	Yoga 1					20:00 - 21:00

## Class Descriptions

### CALORIE KILLERS

**BODYCOMBAT™** is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by Martial Arts and draws from a wide array of disciplines such as Karate, Boxing, Tae Kwon Do, Tai Chi and Muay Thai. Supported by driving music and powerful role model instructors, Strike, Punch, Kick and Kata your way through calories to superior cardio fitness.

**Group Cycling** On yer bike! Calories killing at it's best without the stress of any complicated moves. Great music, motivational instructors and a chance to burn up to 450 calories per 30mins will complete your journey to calorie burning heaven.

### SPECIALITIES

**Box Fitness** A fun, non-contact boxing class providing a great workout for all fitness levels. Concentrating on boxing moves in a circuit format, this session will effectively tone the upper body and increase stamina and strength.

**Elderberries** A fun, low intensity, low impact session for older adults who want to work their heart, muscles and increase flexibility, all in one easy to follow class. These sessions vary centre to centre and may include badminton and other activities.

**HIIT** High Intensity Interval Training session....to get the maximum workout for the minimum amount of time! HIIT is proven to give the best results, combining high intensity exercises followed by rest, allowing you to work to your own maximum, helping you to get more out of your workout and in less time....and also increases the rate at which you burn calories post workout!

**Kettlebells** Total body workout using the latest in fitness equipment – the Kettlebell. This small, bell shaped weight will help tone and strengthen the body with movements designed to work muscles you didn't even know you had!

### TONING AND STRENGTH

**BODYPUMP™** is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like Squats, Presses, Lifts and Curls. Great music, awesome instructors and your choice of weights inspire you to get the results you came for - and fast!

**Circuits** Achieve a full body workout, involving both cardiovascular and resistance exercises to motivating music to get you 'real results'.

**Core Conditioning** improves posture, develops core muscle strength which will boost the effectiveness of workouts and reduce the risk of injuries that side-line our efforts to stay in shape.

### UNWIND & RE-ENERGISE

**Yoga** One of the worlds most practiced spiritual disciplines. Developed over thousands of years these sessions concentrate on bringing balance and harmony to both body and mind, through postures and breath. They can help to boost the immune system, encourage relaxation and correct posture alignment.

### WATER WORKOUTS

**Aqua** A fun and invigorating all over body workout in the water designed to effectively burn calories with minimal impact on the body. Great for those who are new or returning to exercise.

\* Aqua class times change to 9am during the School Holidays.

### SMALL GROUP INTRO'S / TRAINING

Small Group Intro's are to ensure members are fully confident in using specialist equipment in the gym following a specific 'intro' programme. Speak to the Fitness Team for details on any equipment you haven't used, but really want to try!

Timetable correct as of April 2019. Any updates to this timetable will be made online at [www.everyoneactive.com](http://www.everyoneactive.com)

Studio time is available for hire. Please contact the Centre Reception for details.

Tell us how your workout went by using the hashtag #feelbetterforit

Book your class using our free app or online at [www.everyoneactive.com](http://www.everyoneactive.com)

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